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## Biomechanics of wheelchair racing

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*Published in:*  
ISBS92 Proceedings

**IMPORTANT NOTE:** You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

*Document Version*  
Publisher's PDF, also known as Version of record

*Publication date:*  
1992

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

van der Woude, L. H. V., Veeger, H. E. J., & Rozendal, R. H. (1992). Biomechanics of wheelchair racing. In *ISBS92 Proceedings: 10th symposium of the International Society of Biomechanics in Sports* (pp. 329-336).

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*Luc van der  
Woude*



CIVICA SCUOLA PER ANIMATORI SPORTIVI

*Collana diretta da*

Giovanni Lanzetti e Raffaella Cali

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# **ISBS '92 PROCEEDINGS**

of the  
10th Symposium of the International  
Society of Biomechanics in Sports  
June 1992, Milan - Italy

*Edited by:*

Renato Rodano, Giancarlo Ferrigno, Giorgio C. Santambrogio  
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COMUNE DI MILANO  
SETTORI EDUCAZIONE, SPORT E TEMPO LIBERO  
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**Proceedings of the tenth ISBS Symposium, 1992**

**Publisher:** Edi.Ermes, Milano - Viale Enrico Forlanini, 65  
**Editors:** Renato Rodano  
Giancarlo Ferrigno  
Giorgio C. Santambrogio  
**Printing:** Grafiche G.V., Milano  
**ISBN** 88-7051-118-9

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**15-19 June, 1992 Milano, Italy**

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indicate significant differences at seat heights of 90, 100 and 110° elbow angle. Recent results of an absolute variation in the *forlaft position* in a group of 8 male spinal cord injured subjects revealed no significant effects upon total force, torque and fraction effective force FEF or the cardio-respiratory parameters under the submaximal conditions studied.

## CONCLUSIONS

It may be concluded that combined biomechanical and physiological research of wheelchair racing and wheelchair propulsion is of utmost importance to develop a thorough theoretical framework of arm work. This can lead to the improvement of wheelchair sports performance and daily wheelchair ambulation as a consequence of a better understanding of the human engine and its interfacing with the wheelchair. Moreover, such a knowledge base will lead to a better understanding of the hand-arm-shoulder system in general, but also with respect to functional disabilities and in conjunction with overuse injuries to the musculo-skeletal system.

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